



Love, Respect, Belong

Nut free for all

ST MARY'S BENTWORTH CE PRIMARY SCHOOL FOOD POLICY

Date of implementation: January 2026

Date of Review: **January 2028**



Ownership: Education Committee	Linked to: Safeguarding; Supporting Pupils with Medical Conditions/Needs; Extended School Day; PSHE; SMSC; Anti-bullying Policies
Review committee: Education Committee, Headteacher	
Communicated to: Parents, Staff and External Providers, as appropriate	
Evaluation: <i>(inc links to evidence)</i>	
November 2025 adaptation of citrus-free only during school/extended school day hours	
January 2026 removal of being citrus-free on site; nut free policy during school/extended school day hours Mon-Fri 7.00 am – 6.00 pm	

Rationale:

The Governing Body recognises the importance of a healthy diet and the significant connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. It is important that at St Mary's we consider all elements of work to ensure that awareness of healthy eating is promoted to all members of the school community and also the role the school can play to promote family health. Through effective leadership, the school ethos and curriculum, all school staff can bring together elements of the school day to create an environment which supports sustainable healthy eating habits as part of a healthy lifestyle.

Food Policy Aims:

The main aims of our school Food Policy are:

- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of the whole school community
- To ensure that all members of the school community are able to make informed choices and are aware of the importance of healthy food, where food comes from and the need to support sustainable food and farming practices



- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills including food preparation (age appropriate)
- To ensure that the mandatory food based standards are implemented
- To ensure that the school follows the principles laid out in the National School Food Plan, and encourages the take-up of school meals
- To take a whole school approach to healthy eating to ensure that messages taught in the curriculum are echoed and reinforced by the type of food and drink provided in school

These aims will be addressed through the following areas:

1. **SCHOOL FOOD PLAN**

The School Food Plan www.schoolfoodplan.com/ is an agreed plan published in July 2013 with the support of the Secretary of State for Education and of the diverse organisations who can support Headteachers to improve the quality and take-up of school food. The Plan outlines how schools should improve their attitude to school food including:

- Adopting a 'whole school approach, integrating food into the life of the school
- Concentrating on the things children care about: good food, attractive environment, social life, price and brand
- Encouraging take up of school meals to improve school food economics.

2. **EQUAL OPPORTUNITIES**

In healthy eating, as in all other areas of the curriculum, we recognise the value of the individual. At St Mary's we develop with our pupils an understanding of the role food plays in cultural diversity and a knowledge of food in other cultures.

3. **CURRICULUM**

Food and nutrition is taught at an appropriate level throughout each Key Stage. Cooking and nutrition was brought in as a compulsory part of the National Curriculum from September 2014. Schemes of work at all key stages reflect the whole school approach to healthy eating and incorporate the DfE statutory guidelines.

Teaching methods

- Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Schemes of work at all Key Stages reflect the whole school approach to healthy eating.
- Cooking and nutrition
As part of their work with food, pupils are taught how to cook (age appropriate) and apply the principles of nutrition and healthy eating. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life. All pupils are taught the basic



principles of a healthy and varied diet, to prepare simple dishes and understand where food comes from. This includes teaching rules of hygiene.

- Cross-curricular
At St Mary's we recognise that food has a great potential for cross-curricular work and is incorporated in teaching in a variety of subjects such as Science and PSHE.
- Staff Training
School staff have a key role in influencing pupils' knowledge, skills and attitudes about food and healthy eating, so it is important that they are familiar with healthy eating guidelines. To facilitate this staff are kept up-to-date with Food in School information and healthy eating issues.
- Visitors in the classroom
Our school values the contribution made by outside agencies including the School Nurse. It is the responsibility of our school to ensure that contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is checked to ensure that the content of the visitor's talk is suitable for the ages of the pupils.

4. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

Food Standards

School Food (In England) Standards reviewed 2021 together with existing standards, cover all food sold or served in schools: breakfast, lunch and after-school meals; tuck, mid-morning break and after-school clubs www.schoolfoodplan.com/standards/

Breakfast and After-School

Breakfast is an important meal that should provide 25% of a child's energy requirements and contribute significantly to their vitamin and mineral needs.

The school operates Breakfast and After-School Clubs, both providing nutritious meals for pupils before and after the school day, which comply with the food-based standards. Parents are encouraged to speak to the Supervisors for examples of breakfast meals and after-school snack menus.

Lunch

Food prepared by the School Education Catering Company meets the National Nutritional Standards for School lunches. The Catering team on site offer menus which cater for children with special diets and allergies. Notification of dietary and medical food requirements is given by Parents/Carers via the Catering Company's on-line system (special dietary form) and parents/carers will also notify the school.

Universal Free School Meals

From September 2014, all children in Reception, Years 1 and 2 in state-funded schools have been eligible for free school lunches. The School fully supports this initiative encouraging children to have their free school meal. Research shows that a school



lunch is nutritionally superior to most packed lunches and can lead to improved behaviour attainment.

Fruit Scheme (KS1 only)

St Mary's Bentworth is part of the National Fruit and Vegetable Scheme. Children are offered fruit as part of our first-break in the morning.

Milk

Food Standards require that milk must be available for drinking at least once per day during school hours. This Standard is not met by providing milk at breakfast or after-school clubs; that provision is in addition. St Mary's fulfil this standard by being part of the Cool Milk Scheme for Primary Schools. All children under five are offered free milk. Children over the age of five can receive milk once a parent has registered with www.coolmilk.com/stmarys This supply is at reasonable cost to parents.

Snacks

At St Mary's we understand that snacks can be an important part of the diet of pupils and can contribute positively towards a balanced diet. The school discourages the consumption of snacks high in fat and sugar at break-time. No nuts to be included in snacks served or brought into school.

Tuck Shop

The tuck shop at St Mary's is provided by the School Catering Team and provides a range of snack foods that comply with the food-based standards and help to contribute to a balanced healthy diet.

Use of Food as a reward

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school.

Drinking Water

Drinking water is available to all pupils, every day, free of charge. Pupils are encouraged to bring in a drinking water bottle which can be replenished during the school day, and for use during extended school activities, eg Breakfast and After-School Clubs, Football Club.

5. FOOD AND DRINK BROUGHT INTO SCHOOL

Packed Lunches

Packed lunches prepared by the School Catering Team adhere to the Government Food Lunch Standards and on-site policies.

The school encourages parents and carers to provide children with packed lunches that complement these standards.



St Mary's Bentworth operates a 'no nuts policy' and asks parents **not to include** the following foods in a child's packed lunch:

- Any nuts
- Fruit and cereal bars that contain nuts
- Nutella
- Peanut butter
- Cakes made with nuts
- Biscuits made with nuts
- Sesame seed rolls



In accordance with this policy, at St Mary's no nuts or nut related products are used in any of our food prepared on site at school, the School Catering Team operate a no nuts policy and suppliers provide us with nut-free products. However, we must state that we cannot guarantee freedom from nut traces.

If your child has a nut allergy the School must be informed as soon as possible, so that we can ensure your child does not come into contact with any triggers.

Birthdays and Treats

If cakes/treats are brought into school to share with friends then these will be given out to the children at the end of the school day. Parents to please ensure individual portions that can easily be given out to the children; pre-packed preferred. Parents can then decide with their child as to when the treat can be eaten. Parents are to be aware of the no nuts policy detailed above. Staff will be aware of special dietary requirements and medical care plans eg gluten-free, dairy-free, coeliac for the children in the School's care will be in place. The School and Catering Staff cannot be held responsible for food provided from another source. See 6.0 below.

6. SPECIAL DIETARY REQUIREMENTS

Cultural and Religious diets

Many people follow diets related to their culture or religious beliefs and at St Mary's Bentworth we will make every effort to provide meals for all children, working closely with the School Catering Team. A parent/carer must inform the school of a special diet to ensure that every child receives the preferred meal.

Medical Care Plans

Individual Care Plans created for pupils with medical dietary needs/requirements should give full details of symptoms and adverse reactions, and actions to be taken in an emergency. They should be provided by the Parent/Carer in liaison with the child's Doctor and a copy provided for the School to retain.

Risk Assessments

The necessary site and individual risk assessments are identified and put in place based on the Individual Care Plans provided by Parents/Carers.



FOOD SAFETY

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. Our local Environmental Health Department advise and conduct the appropriate legal checks.

7. THE FOOD AND EATING ENVIRONMENT

We make provision for our pupils to consume food in an enjoyable, social and safe environment.

MONITORING AND REVIEW

Parents are invited to express views through our School Survey and to contribute to a healthy eating approach where appropriate.